



6 Money-Saving Home-Cook Hacks

Try these six money-saving tips to help you meet your healthy eating and better budgeting goals.

1. Prep Your Pantry

Stock up monthly on staples like grains, beans, oil, vinegar, and nuts for easier weekly shopping.

2. Survey Your Stores

Remember that the nearest big-box grocery isn't your only option. Ethnic markets, smaller chains, and warehouse clubs all offer deep discounts and are worth hitting up from time to time.

3. Make Monday (or Tuesday) Meatless

Choosing vegetarian protein like beans and tofu in place of beef or chicken will save you dollars and is a heart-healthy choice.



4. Love Leftovers.

Whip up extra items from dinner for tomorrow's lunch. Add a new flavor for a fresh spin. For example, shred an extra supertime chicken breast and toss with lemon vinaigrette and spinach for a zesty salad. Dinner chili makes a flavorful, protein-packed, baked sweet potato topping.

5. Reimagine Food Scraps

If you only want half a banana on your cereal, freeze the other half for tomorrow's smoothie. Celery tops, onion skins, and carrot peels make delicious vegetable broth when simmered.

6. Follow FIFO

That's shorthand for "first in, first out." Organize your fridge and pantry the FIFO way, so you use the oldest items first before they spoil.

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